LIBRARY OF
UNIVERSITY OF CALIFORNIA OCT 23 1924
MEDICAL SCHOOL

CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin

GEORGE E. EBRIGHT, M.D.
PRESIDENT

FRED F. GUNDRUM, M.D.
VICE PRESIDENT

A. J. SCOTT, JR., M.D.

EDWARD F. GLASER, M.D.

ADELAIDE BROWN, M.D.

ROBERT A. PEERS, M.D.

WALTER M. DICKIE, M.D.
SECRETARY AND EXECUTIVE OFFICER

Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. III, No. 36 OCTOBER 18, 1924 GUY P. JONES
EDITOR

Which Diseases Are the Most Important?

The health officer of Detroit has issued a public statement recently under the caption, "What Are the Most Important Diseases?" In answer to this question he said:

"Pneumonia, tuberculosis, cancer, the venereal diseases and diphtheria are at present the most important diseases in Detroit. Why do we allow them to take their annual huge toll of human life when a similar arousal of public opinion resulting in public knowledge applied to the individual would very greatly reduce both cases of, and deaths from, these diseases? The reason seems to lie in our inability to popularize preventive medicine to a sufficiently large number of persons.

Of the above mentioned diseases diphtheria is definitely preventable and there is no excuse for its existence in any appreciable number of cases or deaths. The others may be very greatly diminished by applied personal hygiene—in other words, by following proper health habits. For those who do contract these diseases the chances of recovery will be very much better if they have followed and continue to follow proper health habits. The people as a whole do not know that this is true. Those who do often do not know just what health habits are best adapted to their individual needs. Who is going to tell them the truth of the principle and the way in which it may be successfully carried out? The private physician can and will tell you if you give him the opportunity. Why does the President of the United States have a physician in constant attendance? Not to take care of him when he is ill, but to keep him well by regulating his daily health habits. Most of us can't afford the constant services of a physician, but we can employ a physician to visit us *regularly* and advise us to what to do to keep well.

Most of our disease is unnecessary. The private physician, if given the opportunity of calling *regularly*, can prevent disease and suffering from visiting you and your family."

◆ ◆

Radio Health Talks Not Discontinued.

For a time, owing to the crowded programs, the regular radio health talks broadcasted from the General Electric Station, KGO, Oakland, were discontinued. These talks will be resumed October 20th and will be a permanent feature of the regular educational programs, broadcasted every Monday at 8.05 p.m.

◆ ◆

Dr. Beebe Appointed to Bureau of Child Hygiene.

Dr. Lela J. Beebe, of Woodland, has been appointed to the Bureau of Child Hygiene. Dr. Beebe will conduct examinations of children at conferences and will lecture upon subjects relating to child hygiene and maternal welfare.

National Social Hygiene Conference Next Month.

The National Social Hygiene Conference for 1924 will take place in Cincinnati, Ohio, November 19–22, headquarters being the Hotel Gibson. This conference will mark the tenth anniversary of the founding of the American Social Hygiene Association, and it will be held under the joint auspices of the national association and the Cincinnati Social Hygiene Society.

The various discussions will have much of interest and value for health and police officials, educators, the clergy, and all social workers. This year's program will be of exceptional note, among the speakers being Miss Grace Abbott, director, Children's Bureau, Washington, D. C.; Dr. Gordon Bates, general secretary, Canadian Social Hygiene Council; Professor Maurice A. Bigelow, Teachers College, Columbia University, New York City; Surgeon General Hugh S. Cumming, United States Public Health Service; Dr. Lee K. Frankel, chairman, National Health Council; Dr. J. J. Heagerty, chief of the Division of Venereal Disease Control, Department of Health, Ottawa, Canada; Dr. Edward L. Keyes, president, American Social Hygiene Association; Dr. Joseph S. Lawrence, director, Division of Venereal Diseases, New York State Department of Health; Dr. J. E. Munger, state director of public health, State Board of Health, Columbus, Ohio; Dr. William F. Snow, general director, American Social Hygiene Association; Mrs. Anna Garlin Spencer, board of directors, American Social Hygiene Association; Mrs. Mina C. Van Winkle, Women's Bureau, Metropolitan Police Department, Washington, D. C.; together with Mrs. Clive Neville-Rolfe, O. B. E., general secretary of the National Council for Combating Venereal Diseases, London, England, of international reputation as an authority on social hygiene and eugenics.

The railway companies are arranging for special rates and the local committee has planned a number of luncheons and other entertainment features. Full information and a copy of the conference program may be obtained from Mr. E. F. Van Buskirk, executive secretary, Cincinnati Social Hygiene Society, 25 East Ninth street, Cincinnati, Ohio, by members of the American Social Hygiene Association and all others desiring them.

CIVIL SERVICE EXAMINATION.

PUBLIC HEALTH NURSE.

(Last day for filing applications in Sacramento, November 1, 1924.)

The California State Civil Service Commission announces an examination for the position of Public Health Nurse with the State Board of Health, to be held in Sacramento, San Francisco and Los Angeles as soon as possible after November 1, 1924. The salary range is from $150 to $175 a month.

The duties of the position are, under specific direction and assignment, to perform such field nursing or public welfare work as may be required in the investigation, reporting, prevention and correction of diseases or conditions unfavorable to the health or welfare of individuals or communities; for example, to supervise the health of school children; to visit parents for the purpose of securing treatment for children needing it; to look for unreported cases of infectious diseases, and give practical instruction in their prevention and care; and to perform other related work.

Candidates must have had education equivalent to high school graduation; must have secured registration as a nurse in the State of California; must have completed a post-graduate university course in public health nursing, or have had equivalent experience in public health nursing; and must possess ability to instruct others and to write reports of investigations made, as well as affability, tact and good judgment.

The examination is open to all American citizens who have reached their twenty-first bnt not their sixty-first birthday, who are in good physical condition, and who meet the requirements outlined above.

The examination will be entirely oral, and will be conducted by a special board of examiners appointed for the purpose by the Civil Service Commission. Candidates must secure a rating of at least 70 per cent in this oral interview in order to pass the examination.

Persons desiring to enter this examination may secure application blanks from the State Civil Service Commission at Room 331, Forum Building, Sacramento; Room 116, State Building, San Francisco; Room 1007, Hall of Records, Los Angeles; and from the following offices of the State Free Employment Bureau:

Pacific Building, San Francisco;
401 Tenth street, Oakland;

176 South Market street, San Jose;
916 H street, Fresno;
35 North Center street, Stockton;
Tajo Building, Los Angeles.

Completed applications must be filed with the State Civil Service Commission, Forum Building, Sacramento, on or before November 1, 1924.

Vital Statistics Show Our Social Trend.

The continual application of vital statistics in determining the trend of our social course is of the utmost value. The recent decline in our birth rate is worthy of careful consideration. In commenting upon this a writer has recently declared:

"No longer may we reproach France because of her low birth rate. The census bureau gives us the information that in this country the birth rate fell from 25 to the thousand in the first nine months of 1921 to only 22.8 to the thousand in the same part of 1922. In other words the increase in population was 322,932 less in 1922 than it would have been had the rate of the preceding year been maintained.

This is the fact. The significance of the fact depends upon the viewpoint.

To some, this fact is a sure indication of national decadence. Believers in the Rooseveltian philosophy of large families will assert the internal decay of national virility, the collapse of the ancient spirit, and the growth of selfishness, indulgence and cynical softness.

To others the fact will be hailed as a harbinger of the new day, when quality rather than quantity gives value to life, when womanhood shall be treated with chivalrous consideration, when all children shall be given their rightful heritage of good birth, good health, good education, and loving care, when the crying evils that fester in congested districts and are inevitable in overpopulated countries shall be eliminated, when reason, self-control and love shall take the place of lust, unguided instinct and blind impulse.

Whatever be the interpretation, the fact remains one of the most significant of contemporary social phenomena."

Without Health There Is Nothing.

Malaria caused the downfall of Greece and killed the most highly developed civilization in history. It is paradoxical, in view of this fact, that modern medicine owes its very foundation to early Greek physicians and philosophers. The fact, however, places great emphasis upon the progress made during recent times. Some of these Greek philosophers have made remarkable contributions to health literature. Charles Singer, in a chapter on medicine in "The Legacy of Greece," recently published, draws attention to a statement of Herophilus. He says:

"Herophilus, a Greek philosopher and physician (300 B. C.) has truly written 'that Science and Art have equally nothing to show, that Strength is incapable of effort, Wealth useless, and Eloquence powerless, if Health be wanting.' He adds:

The works of Herophilus are lost. This fine passage has been preserved for us by Sextus Empiricus, a third-century physician, in an attack on all positive philosophy. It is an entertaining fact that we should have to go to such a work for remains of the greatest anatomist of antiquity."

* * *

Happiness lies first of all in health.—George William Curtis.

Plan Now for Next Year's Health Conference.

The sixteenth annual conference of California health officers, one of the most successful ever held, has passed into history. Already, the officers of the health officers' section are making plans for the next conference, which is destined to be the most important public health meeting ever to be held on the Pacific coast. The reason for this lies in the fact that the conference will be held simultaneously with that of the health officers of the Pacific coast. Delegates from all of the western states, Canadian provinces, Mexico and Hawaii are qualified to attend this meeting. Public health authorities of international reputation will appear on the program.

From time to time, as plans for this event are formulated, announcements will be sent to all health officers. The interest and support of every such official will go a long way in making a successful conference, and the committee urges every health officer in the state to begin now to take an active part in preparation of plans for making this meeting an event long to be remembered. Suggestions for the program are solicited.

* * *

There is no kind of an achievement equal to perfect health.—Roosevelt.

MORBIDITY.*

Diphtheria.

169 cases of diphtheria have been reported, as follows: Los Angeles 37, Los Angeles County 16, San Francisco 22, National City 9, Pasadena 6, San Jose 5, Daly City 1, Sunnyvale 1, Santa Clara County 4, Redwood City 1, Huntington Park 2, Modesto 1, Kern County 3, Pittsburg 1, South San Francisco 1, Fresno 2, Mountain View 1, Marin County 1, Alameda County 4, Madera County 4, Lodi 1, San Joaquin County 3, Riverside 1, San Mateo 1, Fullerton 1, Hermosa Beach 1, South Gate 1, Berkeley 4, Redondo Beach 1, Fresno County 1, Maywood 2, El Segundo 1, Manhattan Beach 1, Burbank 1, Sacramento 3, Solano County 1, Pomona 2, Watts 2, Ontario 2, Santa Barbara 1, Oakland 16.

Scarlet Fever.

96 cases of scarlet fever have been reported, as follows: Los Angeles 18, Los Angeles County 13, San Joaquin County 8, San Jose 7, San Francisco 7, Pasadena 1, Hawthorne 1, Pomona 1, Riverside 1, Marysville 1, Colusa 2, Willits 1, Riverside County 1, Stockton 2, Santa Clara County 4, Hanford 2, Blythe 1, Fresno 2, Watts 1, Orange County 2, Santa Ana 1, Visalia 1, Modesto 1, Burbank 3, Alameda County 1, Berkeley 1, Maywood 2, Fresno County 1, Santa Monica 3, Oakland 1, San Luis Obispo County 3, Santa Barbara 2.

Measles.

20 cases of measles have been reported, as follows: Los Angeles County 11, Los Angeles 4, Kern County 2, Riverside 1, Fresno 1, Oakland 1.

Smallpox.

50 cases of smallpox have been reported, as follows: Los Angeles 9, Sacramento 9, Fresno County 7, Fresno 9, Fullerton 1, Burbank 1, Modesto 1, Santa Clara County 4, Whittier 2, Madera County 1, Kern County 2, Los Angeles County 1, Mariposa County 1, Porterville 1, San Luis Obispo County 1.

Typhoid Fever.

18 cases of typhoid fever have been reported, as follows: Ontario 1, Siskiyou County 2, Blythe 1, Madera County 2, Los Angeles County 4, San Francisco 2, Los Angeles 2, Eureka 1, Sacramento County 1, Santa Cruz County 1, Red Bluff 1.

Whooping Cough.

44 cases of whooping cough have been reported, as follows: Los Angeles 13, Los Angeles County 15, Riverside 5, San Francisco 1, San Jose 1, Berkeley 3, Pasadena 3, Compton 1, Oakland 2.

Cerebrospinal Meningitis.

Alameda reported 1 case of cerebrospinal meningitis.

Epidemic Encephalitis.

3 cases of epidemic encephalitis have been reported, as follows: San Francisco 1, Azusa 1, Ferndale 1.

Poliomyelitis.

3 cases of poliomyelitis have been reported, as follows: San Francisco 1, Pomona 1, Contra Costa County 1.

Typhus Fever.

Los Angeles reported 1 case of typhus fever.

---

*From reports received on October 13 and 14 for week ending October 11.

COMMUNICABLE DISEASE REPORTS.

Disease	1924				1923			
	Week ending			Reports for week ending Oct. 11 received by Oct. 14	Week ending			Reports for week ending Oct. 13 received by Oct. 16
	Sept. 20	Sept. 27	Oct. 4		Sept. 22	Sept. 29	Oct. 6	
Anthrax	0	0	1	0	1	0	0	1
Cerebrospinal Meningitis	1	2	3	1	1	0	0	1
Chickenpox	49	52	58	70	35	30	49	30
Diphtheria	127	159	197	169	194	159	149	169
Dysentery (Bacillary)	0	0	0	2	1	0	3	2
Epidemic Encephalitis	2	2	0	3	2	2	2	2
Gonorrhoea	100	107	118	59	170	108	116	84
Influenza	6	9	18	4	13	18	18	13
Leprosy	0	0	2	0	0	0	0	0
Malaria	5	2	3	1	16	6	13	7
Measles	12	14	19	20	292	228	223	313
Mumps	33	40	32	42	8	7	9	5
Pneumonia	25	32	36	27	32	54	45	31
Poliomyelitis	3	7	3	3	12	16	27	18
Scarlet Fever	61	91	85	96	62	66	63	88
Smallpox	66	47	43	50	8	14	15	17
Syphilis	117	120	144	87	81	124	91	130
Tuberculosis	172	172	187	135	169	154	168	166
Typhoid Fever	19	34	53	18	20	23	21	16
Typhus Fever	0	0	0	1	0	0	0	0
Whooping Cough	53	42	51	44	41	42	25	26
Totals	851	932	1053	832	1158	1051	1037	1014

CALIFORNIA STATE PRINTING OFFICE

O

33113 10-24 3500